

Reflections

Friday – Sunday, April 3-5, 2020

What an interesting way to end the week...with preparing for our first ever “Monroe Salon.” We invited active members of the professional division. We chose them because they would be a friendly first group in case we messed up the technology, stammered or drooled on camera. It went off without a hitch. We had 12 people attend, plus Susan Smily, Frank Kenna and Penny. Participants were from all over the world, Singapore, Italy, Netherlands, Spain, and if you count Andrea Berger – Romania. The conversations mostly huddled around two topics, what are people thinking about as a result of Covid-19 and how are they relating to others.

Salons are a board event, designed to help raise money. A different board member will be on each of the calls. We'll follow up with a thank you letter with another ask.

We had to learn how to use Zoom's registration function quickly. It works. Learning quickly and on the fly seems to be the new normal.

Reminder. As we're all learning new skills...(especially me) please be kind. I'm going to need lots of patience as we muddle through these weird times.

My inbox is getting fuller and fuller every day. A good chunk of the messages are well meaning people who are hitting “Reply all” when they don't need to. Please think twice about using that function to send a note to everyone that says, “Got it!”...or something similar.

Reminder: If you need me to respond ASAP, please put “ACTION NEEDED” first in the subject line. I'll see it sooner and respond quickly.

As of Sunday night, 5:40 p.m. our free meditations are doing quite well.

- *Health and Well-being*, 9,494 views since March 20
- *Relaxation*, 5,339 views since March 27
- *Restoring Your Energy*, 2,909 views since April 3

Don't forget to go in via Facebook and see “yours truly” introduce each one. I'm betting better. The introduction to *Restoring Your Energy* is the best one yet...I had fun doing it.

Speaking of the board...

They are onboard with getting Monroe online in a meaningful way. In the three spare moments you have please consider what that might look like.

Reminders for Zoom meetings this week:

Check-in 9:30 Leadership Team D, Monday & Wednesday, 20 min.

Check-in 9:30 Leadership Team A, Tuesday & Thursday, 20 min.

Directors meeting 10:00 Thursday, 60 min.

Who's on what team? Please refer to communications plan for full list.

Check-in meetings are designed for two things:

1. To let everyone know what you're working on the next two days
 - a. It is not a laundry list of projects you could be doing...just what you're committing to yourself and the team as doing in the next two days.
2. if you're encountering some obstacle that needs addressing

Next week our free meditation will feature a meditation from outreach trainer Ritta Nicoara from Romania. She translated it into English. I translated it into "meditation English." It features a genre of meditation that we don't often use at Monroe. It tells more of a story than a series of commands. *Eternal Sun* will launch late Friday night.

Reminder, please share the announcement with your friends, or send them to our Facebook page. See if what we do turns viral...(had to do it!)

On a personal note:

Our grandkids...and their mother...moved from DC to Texas on Saturday. Anne and I didn't get a chance to say goodbye in person. Sign of the times. They had a most remarkable experience at National airport. It's 4:00 pm on a Saturday and no one is in sight. Eerie. See picture below:



Evelyn and Margaret at National Airport

See you Monday,
Scott